

ABSTRACT

An edulcorating soluble composition containing from 50 to 98% by weight of at least a non gelating alimentary fiber such as insulin and from 0.2 to 50% by weight of at least one natural or synthetic sweetener. The composition has an apparent density of from 400 to 600 g/l. The composition may be added to hot or cold drinks/beverages, a convenient way to increase fiber in the diet.